



Full Report (All Nutrients) 01088, Milk, buttermilk, fluid, cultured, lowfat

Report Date: July 05, 2017 03:51 EDT

Nutrient values and weights are for edible portion

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 245g	1 fl oz 30.6g	1 quart 980g
Proximates							
Water	g	90.13	62	0.093	220.82	27.58	883.27
Energy	kcal	40	--	--	98	12	392
Energy	kJ	169	--	--	414	52	1656
Protein	g	3.31	65	0.024	8.11	1.01	32.44
Total lipid (fat)	g	0.88	19	0.174	2.16	0.27	8.62
Ash	g	0.89	8	0.045	2.18	0.27	8.72
Carbohydrate, by difference	g	4.79	--	--	11.74	1.47	46.94
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0
Sugars, total	g	4.79	--	--	11.74	1.47	46.94
Minerals							
Calcium, Ca	mg	116	12	2.751	284	35	1137
Iron, Fe	mg	0.05	6	0.011	0.12	0.02	0.49
Magnesium, Mg	mg	11	9	0.717	27	3	108
Phosphorus, P	mg	89	12	4.732	218	27	872
Potassium, K	mg	151	14	6.264	370	46	1480
Sodium, Na	mg	190	--	--	466	58	1862
Zinc, Zn	mg	0.42	5	0.061	1.03	0.13	4.12
Copper, Cu	mg	0.011	--	--	0.027	0.003	0.108
Manganese, Mn	mg	0.002	--	--	0.005	0.001	0.020
Selenium, Se	µg	2.0	12	0.563	4.9	0.6	19.6
Fluoride, F ¹	µg	4.0	9	--	9.8	1.2	39.2

Vitamins

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 245g	1 fl oz 30.6g	1 quart 980g
Vitamin C, total ascorbic acid	mg	1.0	--	--	2.5	0.3	9.8
Thiamin	mg	0.034	--	--	0.083	0.010	0.333
Riboflavin	mg	0.154	7	0.005	0.377	0.047	1.509
Niacin	mg	0.058	6	0.015	0.142	0.018	0.568
Pantothenic acid	mg	0.275	3	0.016	0.674	0.084	2.695
Vitamin B-6	mg	0.034	7	0.001	0.083	0.010	0.333
Folate, total	µg	5	--	--	12	2	49
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	5	--	--	12	2	49
Folate, DFE	µg	5	--	--	12	2	49
Choline, total	mg	17.7	--	--	43.4	5.4	173.5
Vitamin B-12	µg	0.22	2	--	0.54	0.07	2.16
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	14	--	--	34	4	137
Retinol	µg	13	--	--	32	4	127
Carotene, beta	µg	1	--	--	2	0	10
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	47	--	--	115	14	461
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol) ²	mg	0.05	1	--	0.12	0.02	0.49
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Tocopherol, beta ²	mg	0.02	1	--	0.05	0.01	0.20
Tocopherol, gamma ²	mg	0.03	1	--	0.07	0.01	0.29
Tocopherol, delta ²	mg	0.02	1	--	0.05	0.01	0.20
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D3 (cholecalciferol)	µg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	1	--	--	2	0	10
Vitamin K (phylloquinone)	µg	0.1	--	--	0.2	0.0	1.0
Lipids							
Fatty acids, total saturated	g	0.548	--	--	1.343	0.168	5.370
4:0	g	0.029	--	--	0.071	0.009	0.284

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 245g	1 fl oz 30.6g	1 quart 980g
6:0	g	0.017	--	--	0.042	0.005	0.167
8:0	g	0.010	--	--	0.025	0.003	0.098
10:0	g	0.022	--	--	0.054	0.007	0.216
12:0	g	0.025	--	--	0.061	0.008	0.245
14:0	g	0.089	--	--	0.218	0.027	0.872
16:0	g	0.231	--	--	0.566	0.071	2.264
18:0	g	0.107	--	--	0.262	0.033	1.049
Fatty acids, total monounsaturated	g	0.254	--	--	0.622	0.078	2.489
16:1 undifferentiated	g	0.020	--	--	0.049	0.006	0.196
18:1 undifferentiated	g	0.221	--	--	0.541	0.068	2.166
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.033	--	--	0.081	0.010	0.323
18:2 undifferentiated	g	0.020	--	--	0.049	0.006	0.196
18:3 undifferentiated	g	0.013	--	--	0.032	0.004	0.127
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	4	4	0.935	10	1	39
Amino Acids							
Tryptophan ^{3 4 5 6}	g	0.042	--	--	0.103	0.013	0.412
Threonine ^{3 4 5 6}	g	0.141	--	--	0.345	0.043	1.382
Isoleucine ^{3 4 5 6}	g	0.171	--	--	0.419	0.052	1.676
Leucine ^{3 4 5 6}	g	0.313	--	--	0.767	0.096	3.067
Lysine ^{3 4 5 6}	g	0.277	--	--	0.679	0.085	2.715
Methionine ^{3 4 5 6}	g	0.087	--	--	0.213	0.027	0.853
Cystine ^{3 4 5 6}	g	0.020	--	--	0.049	0.006	0.196
Phenylalanine ^{3 4 5 6}	g	0.171	--	--	0.419	0.052	1.676
Tyrosine ^{3 4 5 6}	g	0.167	--	--	0.409	0.051	1.637
Valine ^{3 4 5 6}	g	0.217	--	--	0.532	0.066	2.127
Arginine ^{3 4 5 6}	g	0.095	--	--	0.233	0.029	0.931

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 245g	1 fl oz 30.6g	1 quart 980g
Histidine ^{3 4 5 6}	g	0.100	--	--	0.245	0.031	0.980
Alanine ^{3 4 5 6}	g	0.112	--	--	0.274	0.034	1.098
Aspartic acid ^{3 4 5 6}	g	0.283	--	--	0.693	0.087	2.773
Glutamic acid ^{3 4 5 6}	g	0.744	--	--	1.823	0.228	7.291
Glycine ^{3 4 5 6}	g	0.066	--	--	0.162	0.020	0.647
Proline ^{3 4 5 6}	g	0.326	--	--	0.799	0.100	3.195
Serine ^{3 4 5 6}	g	0.199	--	--	0.488	0.061	1.950
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0

Sources of Data

¹Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion

²Nutrient Data Laboratory, ARS, USDA Determination of the Tocopherol Content of Selected Foods, 1990 Beltsville MD

³Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11a, 2007 Beltsville MD

⁴Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11b, 2007 Beltsville MD

⁵Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11c, 2007 Beltsville MD

⁶Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11d, 2007 Beltsville MD